

**AMENDMENTS TO THE CLAIMS**

**IN THE CLAIMS:**

Please amend the Claims, as follows:

1. Cancelled.

2. (Previously Presented) The device of claim 8, wherein said weight is attached to said forearm section by a pocket, located contiguous to said forearm section, said forearm section receiving and holding said weight.

3. Cancelled.

4. Cancelled.

5. (Currently Amended) The device of claim 8, further comprising a fastening member wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

6. Cancelled

7. (Previously Presented) A device as in claim 8, wherein said glove section comprises tubular closed-ended finger receiving members.

8. (Currently Amended) An exercise device for conditioning arms and upper body muscles of a user, comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members,

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said weight comprising a plurality of objects enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said weight encircles the wearer's wrist and said plurality of objects

consists of iron sand or some similarly dense material, and wherein said weight is secured around the wrist of the user; and

(d) a securement band extending around said weight; and

(e) a second securement band being positioned to extend around the forearm between the weight and the elbow of a user, when said exercise device is in use, said second securement band being secured to said weight, and said second securement band being positioned not to overlie said weight.

9. (Previously Presented) A device as in claim 8, wherein said is planar and ribbon-like in configuration securement band, extending around said weight-flexibly and elastically around said weight.

10. (Currently Amended) A device as in claim 9, further comprising:

(e) a planar and ribbon-like elastic forearm securement strap disposed on said forearm section, the center of gravity of said weight being positioned between said forearm securement strap and said glove section.

11. (Currently Amended) A device as in claim 8, wherein said forearm section is of a length sufficient to extend from said glove section over less than half of the forearm of a user, and said second securement band overlies a portion of said forearm section which extends beyond said weight.

12. (Currently Amended) The device of claim 8, further wherein said second securement member comprising comprises a fastening member, wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

13. (Currently amended) A device for conditioning arms and upper body muscles comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members;

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said plurality of objects ~~comprising being iron, lead or some similarly dense~~ sand enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist or forearm; and

(d) a fastening member, said fastening member comprising at least one adjustable strap that extends around said weight, whereby said weight is comfortably and securely secured to the wrist of a user; and

(e) a second securement band being positioned to extend around the forearm between the weight and the elbow of a user, when said exercise device is in use, said second securement band being secured to said weight, and said second securement band being positioned not to overlie said weight.

14. Cancelled.

15. (Previously Presented) A glove for conditioning arms and upper body muscles of a user, the glove comprising:

a hand section defining a plurality of fingers for receiving the fingers of a user wearing the glove; and

a forearm section being connected with the hand section and including at least four flexible chambers each of which contains a plurality of weight members in a number sufficient to form a unitary body within their respective chambers, which unitary body substantially conforms to the shape of the wrist of the user wearing the glove, the at least four weighted flexible chambers together encircling a wrist of the user, said flexible chambers being arranged in such a fashion that there are a plurality of chambers along both the axial and circumferential expanse of said chambers, said flexible chambers being configured to conform to the shape of the wrist and permit movement of a hand and the wrist of a user.

16. (Previously Presented) The glove of claim 15, wherein a first planar ribbonlike and elastic strap extends around said plurality of flexible chambers causing said flexible chambers to bear against the wrist and permit movement of a hand and the wrist of a user.

17. (Previously Presented) The glove of claim 16, wherein a second planar ribbonlike and elastic strap extends around the forearm, and wherein the flexible chambers are disposed between said hand section and said the second strap.

18. Canceled

19. (Previously Presented) The glove of claim 17, wherein the weights comprise iron sand that is configured to conform to the shape of the wrist and permit movement of the hand and the wrist.

20. Canceled

21. (Currently Amended) A device for conditioning arms and upper body muscles of a user, comprising:

(a) an unweighted glove section comprising a plurality of closed finger sections,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members,

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said weight comprising a plurality of objects enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said weight encircles the wearer's wrist and said plurality of objects consists of iron sand or some similarly dense material; and

(d) a securement band positioned and configured to extend around the wrist of a user, said weight being positioned between said securement band and said unweighted glove section; and

(e) a second securement band being positioned to extend around the forearm between the weight and the elbow of a user, when said exercise device is in use, said second securement band

being secured to said weight, and said second securement band being positioned not to overlie  
said weight.